FLCC Course Syllabus

General Information

Date
01/19/2017

Department
Physical Education & Integrated Health Care

Course Prefix:
HPE

Course Number:
260

Course Title:
Kinetics of Exercise and Sport

Course Information

Credit Hours
3

Lecture Contact Hours
3

Catalog Description
This course is a requirement for all students enrolled in the AS Sports Medicine program. In addition, this course is appropriate for students intending to transfer to pursue a degree in sports medicine (e.g. athletic training, exercise science, and physical/occupational therapy). Students will be introduced to simple patterns of movement and progress to the analysis of complex motor skills that comprise the biomechanical and kinesiological basis of movement in exercise and sport. Topics include the musculoskeletal and neurological components of human anatomy; isolated and combined joint actions; and basic physics principles related to movement.

Co-requisites
BIO 171

Grading Scheme
Letter Grade

FLCC Values

College Learning Outcomes Addressed by the Course

Inquiry
Interconnectedness
Vitality
Perseverance

Course Learning Outcomes
Course Learning Outcomes

1: Classify anatomical and physiological components of human movement patterns
2: Interpret the biomechanical factors that influence both basic and sport/exercise-specific movement patterns.
3: Perform qualitative and quantitative analyses on both basic and sport/exercise-specific movement patterns.
4: Consider patterns of movement to increase the skill level and decrease the risk of physical injury associated with sport/exercise-specific activities.

Program Affiliation

This course is required as a core program course in the following program(s)

AS Sports Medicine
Other - Write In: Students can choose to take HPE 260 (or EDU 200) as a required course in the AS Physical Education and Exercise Science degree

Outline of Topics Covered

Outline of Topics Covered in Course

Kinetics+of+Exercise+and+Sport+topics+list.docx